

Rural District of North Westmorland



ANNUAL REPORT

OF THE

Medical Officer of Health

FOR THE YEAR

1964

Stricklandgate House, P.O. Box 18, Kendal

Telephone Number: Kendal 1296

KENDAL

TITUS WILSON & SON, LTD.

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NATURAL AND SOCIAL CONDITIONS OF THE DISTRICT.

Acres of the Rural District in acres	288,688
Population at 1961 Census	15,354
Population (Registrar-General's mid year estimate)...				15,090
Inhabited houses	5,271
Rateable Value	£342,848
Product of a Penny Rate	£1,379
Rate in the Pound levied	8/8d.
of which the County Rate was	7/4d.

The Rural District of North Westmorland lies between the central mountainous mass of the Lake District and the escarpment of the Pennine Chain, and possesses a wide variety of scenery. The main geographical feature of the District is the Eden Valley, a fertile agricultural strip which was once the route of a Roman highway and later a strong line of defence against the Border raiders. The River Eden rises in lonely Mallerstang, flows past the market town of Kirkby Stephen to the foothills of the Pennine Range, and thence north-westwards through the ancient Borough of Appleby to its junction with the River Eamont, where it leaves the District.

The country to the north-east rises abruptly to some 2,500 feet, and on the far side the northernmost boundary lies in the desolate area of the Upper Tees Valley. To the south-west of the Eden Valley lies the central upland plateau which extends from Shap to Kirkby Stephen broken only by a few charming wooded valleys and occasional villages. South of this plateau the River Lune flows through pleasant pastoral Ravenstonedale into the austere gorge below Tebay, and the southern boundary of the District is the 2,000 feet high rampart of the great watershed of Westmorland. In the south-west the great barren fells of the Lake District rise to over 3,000 feet above sea level, and in the valleys lie the beautiful lakes of Ullswater and Haweswater. These geographical features determine the natural lines of communication and therefore influence the spread of infectious diseases.

The geology of North Westmorland is also very varied. The escarpment of the Pennine Chain in the north and the central upland mass are formed of lower carboniferous limestone, and the Eden Valley lies between along the lines of the Pennine Fault. The Cross Fell inlier in the Dufton and Hilton areas is a unique formation containing in miniature most of the Lake District rocks, Skiddaw slates, Borrowdale volcanic rocks, Conistone limestone, the Ashgill series, and

Silurian strata above which follows the dominating carboniferous series of the escarpment.

The Vale of Eden is composed mainly of permian sandstone, with St. Bees sandstone in the south, with small beds of red shales, gypsum and magnesium limestone. Above and below the Penrith sandstone lie Brockrams and Breccias, and further west some red conglomerate basement beds are found in the Pooley Bridge area. To the south-west the Borrowdale Volcanic series occur, with ashes and breccias often well bedded and cleaved, and the Silurian strata commence south of Shap. A further interesting feature is the outcrop of the Shap granite intrusion through the Borrowdale series near their junction with the thin Coniston limestone beds. Glacial drift remains at several places and the valley bottoms contain alluvial deposits. These geological characteristics are of great significance in the supervision of water supplies, sewerage and occupational diseases as well as affecting the economics of the District.

The climate is equable in the valleys and invigorating on the fellsides and uplands. The air is generally very clear and there is little mist or fog. Temperature gradient inversions are occasional in the mornings. The average rainfall is 73 inches a year in the Haweswater area but decreases sharply towards the eastern parts of the District: in the upper parts of the Eden Valley it is about 35 inches per year. Snow may be expected for one or two weeks in the late winter.

The District is primarily agricultural in character and many of the small local industries are ancillary to agriculture. There are also the following industries which provide much local employment and bring a measure of prosperity to the villages: Stone quarries and mines for gypsum and barytes, factories for plaster and cement, and railway works.

In addition to these local industries the District receives seasonal tourist business along the main highways, and in the Lake District areas, particularly around Pooley Bridge. The variety of these opportunities for local employment helps to some extent to check the continuing drift from the countryside. Economic security and local prosperity are most important factors in the maintenance of the public health.

COMMITTEES.

The Minister of Health requires me to include a list of your Council's committees which are concerned with matters of public health.

The Public Health Committee deals with most of the principal matters, but there are other aspects of public health importance which are dealt with by the Housing and Licensing Committees.

STAFF.

Name.	Qualifications.	Office.	Whole or Part Time.	Other Offices.
Madge, F. T.	M.D., Ch.B., M.R.C.S., L.R.C.P., D.P.H.	Medical Officer of Health	Part	M.O.H. Combined County Districts of Westmorland
Calvert, D.	M.R.S.H., M.A.P.H.I.	Public Health Inspector	Part	Engineer and Surveyor
Hart, G.	M.R.S.H., M.A.P.H.I.	Additional Public Health Inspector	Part	Surveyor
Kelly, R. M.	M.A.P.H.I.	Additional Public Health Inspector	Whole	—
Masterton, J. R.	M.A.P.H.I.	Additional Public Health Inspector	Part	Public Health Inspector, Appleby Borough Council
Cradock, N.	—	Clerk and Technical Assistant	Whole	—
Allinson, J. H.	—	Clerk	Whole	—
Holland, E.	—	Clerk	Part	—
Machell, B. M.	—	Clerk to Medical Officer of Health	Part	Clerk to M.O.H. Combined County Districts of Westmorland

Staff Changes.

Mr. J. R. Masterton commenced duty on 5th January, 1964, as part-time Additional Public Health Inspector, shared with Appleby Borough.

VITAL STATISTICS.

The following extracts are made from information supplied by the Registrar-General with figures for 1963 for comparison.

Area of the District in acres 288,688

	1963	1964
Estimated civilian population (mid year) ..	15,170	15,090
Live Births. Legitimate— males	120	118
females	126	140
Illegitimate— males	3	7
females	4	4
Total	253	269
Crude Rate per 1,000 population	16.7	17.8
Corrected Rate per 1,000 popula-		
tion	18.4	19.5
Birth Rate for England and		
Wales	18.2	18.4
Illegitimate Birth Rate per		
1,000 live births.	27.7	40.9
Still Births. Legitimate— males	3	2
females	1	2
Illegitimate— males	—	—
females	—	—
Total	4	4
Total (live and still) births ..	257	273
Rate per 1,000 total (live and		
still) births	15.6	14.7
Rate for England and Wales ..	17.3	16.3
Deaths. males	79	108
females	106	89
Total	185	197
Crude Rate per 1,000 population ..	12.2	13.1
Corrected Rate per 1,000 population	12.1	12.9
Rate for England and Wales ..	12.2	11.3

	1963	1964
Infantile Deaths (under 1 year)		
Total deaths under 1 year.. ..	4	5
Rate per 1,000 live births	15.8	18.6
Rate for England and Wales	20.9	20.0
Legitimate	4	4
Rate per 1,000 legitimate live births	16.2	15.5
Illegitimate	—	1
Rate per 1,000 illegitimate live births	—	91
Neonatal Deaths (under 4 weeks)		
Total neonatal deaths	3	3
Rate per 1,000 live births	11.9	11.2
Rate for England and Wales	14.2	13.8
Early Neonatal Deaths (under 1 week):		
Total early neonatal deaths	3	1
Rate per 1,000 live births	11.9	3.7
Perinatal Mortality		
Stillbirths and deaths under 1 week.. .. .	7	6
Rate per 1,000 total (live and still) births	27.2	22.0
Rate for England and Wales	—	—
Maternal Mortality:		
Total Deaths	—	—
Rate per 1,000 total (live and still) births	—	—
Rate for England and Wales	0.28	0.25

Deaths from certain causes:—	1963.	1964.
Cancer	28	33
Measles	Nil	Nil
Whooping Cough	Nil	Nil

The main causes of death were:—		
Heart Disease	73
Vascular lesions of nervous system	34
Cancer	33

COMMENTARY ON THE VITAL STATISTICS.

Population Movements.

This is the sad story of a people who have been deserting a lovely countryside. The emigration trek has been going on for more than two generations, and the packing-up got faster each decade:

The population of the Rural District numbered 15,354 at the 1961 Census, compared with 16,959 in 1951 and 18,022 in 1931. Thus during the last ten years, between 1951 and 1961, we lost a net figure of 1,605 people or 9.5% in a single decade.

But the real loss was much more serious than that: 1,605 was only the net loss. Because in those same ten years we had 2,566 births and only 1,988 deaths, which should have given us a natural increase of 578 persons. The answer, of course, is that they were more than cancelled out by emigration.

At least 2,183 people must have emigrated out of North Westmorland between 1951 and 1961, and I should not be surprised if the number was nearer a round 2,500. Whole families packed up and went away. The message of those periodical Census figures cannot be denied: North Westmorland has been ravaged by depopulation. But I think we can see signs of a turn in the tide.

A promising expansion is in progress at the gypsum quarries and plasterworks at Kirkby Thore. The raw material will be processed there into plasterboards and other building trade supplies. It is hoped that there may be employment for an additional 80 to 100 people when the new extension is completed.

Then the construction of the M6 Motorway will bring a flood of new activity across our District. The proposed Service Area and interchange roads may do something to revitalize the local economy, and even if passers-by cannot get off the Motorway very easily, at least they will see the attractive charm and opportunities of North Westmorland. We shall be prominently on display all along the shop window of the Motorway.

Birth Rate.

Your birth rate used to be well above that for England and Wales, but in recent years it has been about the national level.

Death Rate.

Your death rates usually fluctuate around the national average level. The differences are not significant.

Perinatal Mortality.

There is often not much difference between the cause of a baby dying in the first week of its life and the cause of a stillbirth. Sometimes it is a matter of chance whether such a baby dies before delivery or after. So we now add the number of stillbirths to the number of babies dying in their first week, and we call it the perinatal mortality: in popular language, the deaths which happen around the time of birth.

Anyway, the perinatal mortality statistics include most of the fatalities which are caused by abnormalities of the baby as it develops in the womb. Some of those may be due to the mother catching infections during a critical phase in her pregnancy: or more rarely to drugs: or more commonly to some genetic factor. The statistics include the fatalities which are caused by toxæmias of pregnancy and accidents within the womb. The mechanical stresses and strains of delivery, the attention given to the new-born child, the blood peculiarities, and even the risks of accident and infection in the first week of life, are all included factors. So the perinatal mortality rate is perhaps better regarded as a measure of obstetric achievement. What happens to a live baby in its first week depends to a great extent on what has happened to it before delivery.

There are some signs of hope that science may be able to prevent certain types of developmental abnormalities, and it is clear that the increased availability of obstetrical specialists will help to reduce the number of neonatal deaths. An advisory obstetric committee has been set up in Westmorland to co-ordinate the functions of the three divisions of the health service involved in midwifery, and to investigate the causes of still-births and infant deaths.

Maternal Mortality.

There were no maternal deaths during the year.

NOTIFIABLE DISEASES TABLE.

	Total	Ages											Admitted to Hospital	Deaths
		-1	1-	2-	3-	4-	5-	10-	15-	20-	35-	45-		
Measles	192	3	13	18	16	21	104	15	-	-	1	1	-	-
Scarlet Fever	8	-	-	1	-	-	7	-	-	-	-	-	-	-
Whooping Cough ..	6	-	-	1	-	1	4	-	-	-	-	-	-	-
Pneumonia	3	-	-	-	-	-	-	-	-	1	1	1	-	-
Puerperal Pyrexia ..	1	-	-	-	-	-	-	-	-	-	1	-	-	-
TOTAL	210	3	13	20	16	22	115	15	-	1	3	2	-	-

PREVALENCE AND CONTROL OF INFECTIOUS AND OTHER DISEASES.

Public Health Act, 1936. Sections 143-170.

National Health Service Act, 1946. Part III.

The general incidence of illness can be assessed by the weekly number of new claims for sickness benefit at our local National Insurance offices. A logarithmic graph of those figures shows a regular seasonal pattern over the years, and any variations are usually worth investigating. The general level is some measure of local community health.

It is pleasing to record that the notification of infectious diseases has much improved in recent years, and I am very grateful to my colleagues in general practice for their prompt help in this respect.

I look upon the control of notifiable diseases as one of the most important duties of our department.

The first half of the year contained the scarlet fever cases around Penrith, and it was not until August that we felt the impact of measles. Then there was a sharp outbreak of measles in Kirkby Thore and district, which gradually spread to cause inconvenience around Christmas-time in Shap and the villages surrounding Appleby. Luckily it was not a severe type.

The Aberdeen typhoid outbreak caused us to be especially vigilant during the summer and autumn of 1964. As a holiday area we receive a lot of coach traffic and visitors on circular tours from Scotland. Hoteliers were often anxious about the safety of their guests, but all went well. More locally we checked our shops and catering establishments to round up any unused tins of the corned beef which was suspected to be the cause of the typhoid fever at Aberdeen.

Mountain Accidents.

Accidents on our mountains are a special hazard in the western parts of your area within the Lake District, and on the wild uplands of the Pennines. A regular toll of death and suffering happens every year. Most of those accidents are preventable, and they mostly affect our visitors.

The inexperienced, the unlucky, and the foolhardy, fall out of crags while rock-climbing, lose themselves in the dark and the mist and the snow. The physically unfit die of exhaustion, exposure, and the heart-attacks which catch up with them sooner than need be. The suicides make their last gesture to the emotional appeal of the mountains.

Someone has to turn out to look for them, and rescue them, and bury them. A magnificent local organisation of search and rescue teams has been built up in the District to meet these demands. But we wish that trade might not be so brisk.

A campaign for the prevention of mountain accidents has been organised not only in your District, but also back into the big towns from which our visitors come, and to a wider audience on the radio and television. We hope it may help.

TUBERCULOSIS.

Tuberculosis is one of the most important communicable diseases of our time. Its prevention is primarily dependent upon social and economic factors in the general community, and secondarily upon the management of the established case. Your Council's functions are three-fold; to investigate the source of infection, to prevent the spread of infection, and to remove conditions favourable to infection.

One of the most effective ways of finding the sources of infection is mass radiography. The mobile units of the Newcastle Regional Hospital Board visit our area periodically, and I should like to see many more of our local population take advantage of this valuable service. It not only detects pulmonary tuberculosis at the most favourable time for a cure, but it can also provide an early warning against many other chest conditions, lung cancer, and certain heart diseases.

Preventing the spread of infection is helped by prompt treatment and supervision. Waiting time is nowadays very short for admission to hospital, and modern drugs achieve most promising results for returning the patient to a useful working life.

It is equally important to discover the non-active cases of tuberculosis, so that we can do all in our power to prevent them breaking down into an infectious state. Similarly with cancer of the lung, the best chances of operative treatment depend on catching them early.

The X-ray results are communicated to the patient's family doctor if there are any abnormalities, and so the findings can best be explained to the individual if any treatment seems needed.

Such discoveries more than justify the visits of the Mass Radiography Units to our area at regular intervals. I think that we should do all we can to make really excellent arrangements for their reception, and encourage our local people to turn up in full force for their chest X-rays.

TUBERCULOSIS TABLE.

Age Periods	NEW CASES				DEATHS			
	Respira- tory		Non-res- piratory		Respira- tory		Non-res- piratory	
	M	F	M	F	M	F	M	F
0 ..	—	—	—	—	—	—	—	—
1 ..	—	—	—	—	—	—	—	—
5 ..	—	I	—	—	—	—	—	—
15 ..	—	—	—	—	—	—	—	—
25 ..	—	—	—	—	—	—	—	—
35 ..	—	—	—	I	—	—	—	I
45 ..	—	—	—	—	—	—	—	—
55 ..	—	—	—	—	—	—	—	—
65 ..	I	—	—	—	—	—	—	—
Total ..	I	I	—	I	—	—	—	I

The number of tuberculosis patients at the year end were:—

		1963.	1964.
Respiratory	...	29	24
Non-Respiratory	...	18	6
		—	—
		37	30
		—	—

The Hospital Services.

National Health Service Act, 1946. Part II.

Your District lies in the area of the Newcastle Regional Hospital Board, and the general hospitals at Carlisle have traditionally served the acute medical and surgical needs of our people, and it seems likely that they will continue to do so.

But some of the villages on the southern fringes of your District are often more conveniently served by the hospitals in Kendal, which are in the area of the Manchester Regional Hospital Board. There are signs of change down there.

The Government's national policy to develop what are to be called District Hospitals seems likely to mean that the southern end of our area will have to rely more and more on Carlisle and Lancaster, and less on Kendal, as the Hospital Plan comes into effect in the next ten years.

Some people think that Westmorland risks being left rather ill-served if the hospital services concentrate themselves on Lancaster and Carlisle. There is a lot of territory in between, and transport communications are not very easy for out-patients and visitors to get to those hospitals and home again.

As the people most concerned, our local folk must have a hard, critical look at the regional proposals to see if they are acceptable. This is the chance of the century, and it may not come again. Anyway, the Regional Hospital Board is entitled to the constructive criticism and help of those it seeks to serve.

These hospital problems are just as much a matter of environmental public health for our own Local Authorities as they are administrative exercises for the Regional Hospital Boards. I believe that it does matter very deeply where our old folks are looked after when they fall ill: somewhere where they will go cheerfully, keep in touch with home: not just swept away out of sight. I believe that relatives and friends should easily be able to visit the hospital: to leave their homes running for the short time while they are out: not to spend hours and hours travelling on the scanty rural bus services and curtailed railways, coping with darkness and winter weather, weariness and worry.

Not only would most of our old people prefer to stay near familiar parts, but their relatives and friends, often old themselves, would be put to sore discomfort and expense by having to trail long distances for visits: or else forego those friendly services that can mean so much to the bedfast

We should resent very deeply any cold administrative expediency for tidying up Westmorland's old folk and chronic sick away across the border into some inaccessible hospice, however progressive it might be. We cannot afford to sleep in at a time when radical changes are being discussed out of earshot across our borders. I believe that Westmorland deserves a lot of extra thought and care in planning the hospital service: and it seems worthwhile going on saying so.

Hospital and Ambulance Arrangements for Infectious Diseases.

National Health Service Act, 1946. Parts II and III.

Hospital accommodation for infectious diseases is provided by the Newcastle Regional Hospital Board at Carlisle.

Smallpox cases will be admitted to Langley Park Hospital, Durham City, or to Fairhill Hospital, Penrith.

Ambulance transport for cases of infectious disease is provided by the Westmorland County Council.

HOUSING.

Under the Housing Acts your Council has a duty to consider the general housing conditions in your District, to ascertain whether any are unfit for human habitation, and to assess the need for further houses. You have powers to deal with unfit houses, powers to provide new houses for all classes, and various powers and duties in the management of your Council's housing estates. Good housing conditions are an integral part of public health.

Present Housing Position.

There are 5,271 inhabited houses on your Rate Books at the end of the year. With an estimated population of 15,090, the average number of persons per house is 2.8, which is not a high figure. Six houses are legally overcrowded within the strict definition of the Housing Act which assumes that living-rooms are used also for sleeping purposes and that the sexes can be segregated irrespective of age, health and family relationships. At the time of the 1961 Census there were 4,833 private households living in 4,826 structurally separate dwellings.

A lot of houses in the Rural District are occupied by only one or two persons. The 1961 Census revealed that 616 houses contained only one occupier, and that another 1,329 houses had only two people living in them.

General Progress of Slum Clearance and Improvements.

Westmorland as a whole has made very encouraging progress in post-war slum clearance despite all the difficulties of the times. Since the campaign was resumed in 1948 well over 1,100 houses in the County have been dealt with by formal action under the Housing Acts. Most of these will eventually be demolished or converted to trade use, but some of them have been reprieved by their owners undertaking to spend considerable money for comprehensive reconditioning up to modern standards.

In addition to those formal actions there have been a very creditable number of informal schemes for the renovation of substandard houses, either with the aid of improvement grants or entirely by private enterprise. The aim is to save a house wherever possible, but if it cannot be brought up to an acceptable standard of safety, decency and amenity the sooner it is swept away the better.

In your own District good progress continued with slum clearance and was limited to dealing with any Class 5 houses becoming vacant. Every endeavour was made to persuade owners to recondition them if there seemed any possibility of retaining them as dwellings.

The Housing Repairs and Rents Act, 1954, required your Council to declare their proposals for dealing with sub-standard houses. You resolved to deal with the estimated 349 houses within the next fifteen years. The Minister of Housing and Local Government approved that scheme and it is now on deposit for public inspection. You may have to speed up a bit, but I hope that the grants now available will save an increasing proportion of old houses before your fifteen-year programme expires in 1970.

Closing Orders.

Housing Act, 1957. Section 18.

17 closing orders were made during the year, and at 31st December there were altogether 14 houses subject to operative closing orders still occupied.

Undertakings not to use for Human Habitation.

Housing Act, 1957. Section 16.

Five such undertakings were accepted during the year, and at 31st December there were altogether 10 houses in this category still occupied.

Undertakings to Perform Works.

Housing Act, 1957. Section 16.

No such undertaking was accepted during the year.

No such undertaking was outstanding on the Register of Local Land Charges at the year end.

Demolition Orders.

Housing Act, 1957. Section 16.

Seventeen demolition orders were made during the year.

Ten houses subject to operative demolition orders were actually pulled down during the year, leaving 15 demolition orders outstanding on the Register of Local Land Charges at the year end. Two of these houses were still occupied.

Clearance Areas.

Housing Act, 1957. Section 44.

There are no outstanding clearance areas.

Improvement Grants.

House Purchase and Housing Act, 1959.

Twenty-one discretionary grants and 59 standard grants were approved during the year. Since the passing of the Act, 404 houses have been renovated and converted under grants made by your Council. A very worthwhile effort.

Estimated Requirements for New Houses.

Housing Act, 1957. Section 91.

During 1962 your Council obtained an estimate of the number of new houses needed. Notices were published in the press and in the parishes, inviting applications for housing accommodation.

Ninety applications were received, and it became possible to see where the demands arose. Your Council have the difficult task of distinguishing the needs from the demands, and also to assess the effects of our rapidly continuing depopulation. We shall have to be a bit cautious.

House Building Progress.

Since 1948 your Council have built 288 houses, and another 211 houses have been put up by private enterprise.

Your Council completed 54 houses during the year. Private enterprise completed 33 in the same period.

At the year end 26 houses were under construction by your Council but there were 22 by private enterprise. Those are the statistics published in the Housing Return of the Ministry of Housing and Local Government.

Some Local Details.

Shap.

At the end of the year 22 of the new houses on the West Lane Estate had been completed and occupied. The remaining 14 houses were in an advanced stage of construction. Eight single-bedroomed bungalows on this estate were also completed and occupied.

Tebay.

Work in connection with the erection of six single-bedroomed bungalows on the Highfield Estate has been in progress during the year, and at the close of the year four were occupied and the other two nearly completed.

Long Marton.

A contract was let towards the end of the year for the erection of 10 three-bedroomed houses and four single-bedroomed bungalows on the Croft View Estate. Work was commenced in September, and at the end of the year two were roofed, four up to eaves level, and site works being done for the remainder.

Kirkby Thore.

A layout plan for an additional 13 three-bedroomed houses and four single-bedroomed bungalows on the Dunfell View Estate received Planning approval, and type plans of the houses were being prepared at the end of the year.

British Gypsum Ltd. informed the Council of their intention to extend their mill at Kirkby Thore and anticipated that an additional 70 houses will be required for their employees. Difficulty is being experienced in obtaining a suitable site in Kirkby Thore for these houses, mainly due to the fact that most of the available land in the village forms part of a Roman Encampment which is scheduled as an Ancient Monument. Efforts were being made at the end of the year to find suitable sites for the houses.

Brough.

Outline Planning consent for the erection of a further 28 three-bedroomed houses and six single-bedroomed bungalows on the Castle View Estate was obtained during the year, and type plans were in course of preparation at the end of the year.

Orton.

There is a need for some Council houses in this village for general needs and to replace unfit houses, and it is also expected that an increased demand for houses here will arise after the new motorway service-station is constructed near Orton. Some difficulty is being experienced in obtaining sites for Council houses, but enquiries were in progress at the end of the year regarding a site near Orton Hall for which Outline Planning consent is to be applied for.

Kirkby Stephen.

The two single-bedroomed bungalows on the West Garth Estate in course of erection at the close of 1963, were completed during the year.

If there is still a need for further houses at Kirkby Stephen, the Council own land on the West Garth Estate which could be further developed.

Other Villages.

There is still a need for small numbers of new houses in various villages throughout the area, mainly for the replacement of unfit houses and also to provide accommodation for elderly people in the form of one-bedroomed bungalows.

The Special Needs for Old People.

When we come to press the Regional Hospital Boards to establish a goodly number of geriatric beds in accessible places to meet the needs of our North Westmorland patients, we must remind ourselves of our corresponding responsibility to provide sufficient and suitable houses for our own folk to go home to when they come out of hospital. They have a right to come back into the community. The hospital should have a two-way door.

I believe that there is justice in this argument. As a doctor, I endorse the idea that a hospital should be a place to go to for treatment, to be made well again, not simply a dumping ground for old folk who can no longer cope with the day-to-day difficulties of struggling along in substandard or unsuitable houses, particularly in the more rural areas.

Both your Council and various charitable organizations have done a lot of good work in providing special houses for the elderly, but a lot more needs doing to keep pace with the increasing proportion of old people in the community.

I suggest that purpose-designed bungalows and ground floor flats are still much needed, with low fittings, handrails, lever door-handles, easy gradient steps, and suchlike special aids for the elderly.

Although it is desirable to find sites in the level and more accessible parts of our District, I believe that the internal design of the home is even more important. That is where the elderly citizens will spend most of their time. That is where we have the duty of helping them to make the best of life, and to overcome the increasing physical limitations of growing old.

I believe, furthermore, that the time has come to provide groups of semi-dependency type houses for old people, with a resident welfare warden available in case of need. The degree of provision of communal facilities for laundries or guest-rooms would be a matter of detail for decision in design. I am more concerned with the principle. It would relieve the burden on geriatric hospital beds, and upon the Welfare Hostels, besides conferring the gesture of at least semi-independence to the elderly folk in our villages. It would recognize their dignity.

Tenants Selection.

When Council houses become available handbills are posted on village notice boards, inviting applicants and stating whether the house is reserved for agricultural workers. All applicants are supplied with a form for submitting details of their personal circumstances, domestic and financial, to your Council. The applications are considered by your Housing Committee together with any other information which can be supplied by the members of your Council for that area. There is no anonymity and your Housing Committee attach importance to the personal knowledge of your Councillors in making their selection. This system has its advantages as well as its disadvantages.

Housing Management.

Your Council now own 444 occupied houses, situated in widely dispersed sites in your extensive District. The housing management is largely in the hands of the Public Health Inspectorate, and every effort is made to inspect the houses at regular intervals to see that the property is kept in good condition.

165 Council houses were built before the 1939-45 war, and many are over 30 years old. The increase in numbers and age of these houses calls for more frequent attention and entails higher maintenance costs.

The rents of your Council houses vary from 14/1d. to 23/6d., exclusive of rates, and the rateable values are between £26 and £50. The examination of rentals and rates may not seem at first sight to have much to do with public health, but it does have considerable significance. It is not unknown for persons who have been rehoused

from poor quarters into modern Council houses to have to pay their rent and rates from that portion of their income which rightly belongs to the purchase of food. Domestic economy can affect the general standard of the public health almost as much as environmental conditions, and some attempt must be made to maintain a balance between these conflicting factors.

Verminous Houses.

Public Health Act, 1936. Sections 63-65.

No verminous houses were dealt with during the year.

Nuisances and Notices re Dwellings.

Public Health Act, 1936. Sections 91-100.

During the year there were 13 Informal Notices served under the Act and one Statutory Notice was served.

Certificates of Disrepair.

Housing Repairs and Rents Act, 1954.

No certificates were issued during the year.

Dangerous Buildings.

Public Health Act, 1936. Section 58.

No formal action was necessary during the year.

Caravans.

Caravan Sites and Control of Development Act, 1960.

1961 saw the real commencement of operating the excellent legislation for controlling caravan sites. We were able to work in harmonious and efficient co-operation with both Westmorland County Planning Authority and the Lake District Planning Board for their respective areas within your Rural District. The result of that amicable combination of powers was the adoption of a very high standard of requirements for the siting, equipping, and management of caravan sites.

I am confident that this method of setting off on the right foot will be to the ultimate benefit of all caravan users, the operators of the sites, and above all to our local residents in the District. We cannot be too careful about safeguarding the public health from the risks inherent in caravan sites. The operators have appreciated the point: there has not been one single appeal to the Courts against the stringent conditions which your Council attached to the site licences.

By the end of the year 35 caravan site licences were in force. They covered a maximum total number of 284 caravans permitted on the

sites, usually with seasonal restriction to between 1st March and 31st October in each year. There were however included 10 licences for 11 caravans for permanent habitation, a practice which we discourage unless there are very special reasons for such a substandard choice or necessity.

We still feel the lack of sufficient overnight stopping-sites for touring caravans. With our District on the fringe of the National Park, and lying on the main traffic routes which our visitors use, we have to suffer a lot of mess and risk of disease from caravanners who stop overnight on our highway laybys. These places get very fouled for most of the summer.

Your Council and the Lake District Planning Board and the Westmorland County Planning Authority all are discussing the possibility of encouraging the establishment of proper overnight halt sites for caravans near the main highways. Various sites have been examined, but so far the idea has not appealed to any potential operators. Overnight stopping-sites are not a commercial proposition, unless a more regular income can be gained from long-stay caravans on the same site. Nobody seems to love the overnight caravanner, so he is forced to go making the mess he does; and we have to live with it.

Tents, Sheds and Moveable Dwellings.

Public Health Act, 1936. Sections 268-269.

At the year end there were no licences in force under the Public Health Act. It now excludes caravans and so mainly applies to tented camp sites.

Unlicensed camping sites are limited to occasional use and are mainly on the Ullswater Shore or along the banks of the River Eden during the fishing season. These casual campers cause little nuisance by their improvised sanitary arrangements and refuse disposal, but they take water from polluted becks at their own risk.

Appleby New Fair.

A much more serious nuisance occurs every June at what is known as Appleby New Fair, or Appleby Horse Fair, when hundreds of people camp or put caravans of all sorts along the roadside verges of the Roman road and the Longmarton and Dufton roads. Many of them use the fields and hedgerows for all sanitary purposes and garbage disposal, and leave behind them a foul and dangerously polluted area.

This ancient charter Fair is supposed to be restricted to two days, but in practice it extends to between a week and ten days before the sites are entirely vacated. It was estimated that some 2,000 people attended this year's Fair: gypsies, potters, tinkers, general dealers, and horse dealers from all parts of the North Country. Horses seem to be getting less, and the New Fair attracts more and more luxury motor-drawn caravans to this annual meeting-place of a nomadic fraternity. Some of these provide their own latrines, but the rest are left to primitive customs.

Of course most of the nuisances take place just outside the Borough boundary, in the Rural District of North Westmorland, and the worst abuses take place on the highway verges of the Westmorland County Council, and the police cannot stop them. But the Fair historically belongs to Appleby. We should like to keep its colourful charm, and the money it brings into the town, if only we could introduce some 20th century hygiene into the mediaeval fun.

On 11th June, 1964, a joint meeting was held in Shire Hall, Appleby, between representatives of Westmorland County Council, Appleby Borough Council, North Westmorland Rural District Council, and Cumberland and Westmorland Constabulary, at which I was requested to give my advice and recommendations. The following paragraphs are reproduced from it:—

“So long as the Fair shall continue, I recommend that the public health risks should be reduced by effecting the safe disposal of human excreta, putrescent food, and other waste material.

“I do not support the proposal for abolition of the Fair on the grounds of risk to public health. In my opinion such risks should be combated in other ways.

“In 1961 I supported a scheme for containing the Fair within an enclosed site where safe latrines and garbage disposal could be provided. I still support the idea if such a plan could be brought into use.

“If the Fair is to be permitted to continue on the highway verges, I recommend that proper latrines and garbage disposal facilities should be provided for its duration. Possible methods are outlined below.

“One method would be to dig temporary trench latrines on the highway verges, at suitable intervals, disinfect them several times daily, and fill them in after the Fair.

“Another method would be to make similar provisions on private land adjacent to the highway, by agreement with the persons concerned

“Another method would be to make similar provisions on private concrete bases upon which temporary latrine buildings could be fixed for the duration of the Fair, and from which drainage connections could be made to adjacent sewage tanks especially provided for the purpose.

“Such sewage tanks could either be pumped out by a cesspool emptying vehicle after the Fair, or led to a soakaway if the ground proved suitable. Near the Appleby end of the road, it might be possible to connect one latrine to the public sewer. Such concrete bases and tanks could be either on the highway verges, or on adjacent private land by agreement.

“Another method would be to hire special mobile latrine vehicles, which are used at many agricultural shows, and site them at suitable intervals along the highway verge for the duration of the Fair.

“I recommend that a refuse-collection waggon should tour twice a day along the highway through the Fair encampment, preceded by a loudspeaker van calling for garbage not retained within caravans.

“Additional litter-baskets, bins, hessian or paper sacks could be fixed to posts at suitable intervals for garbage not retained within caravans.

“I recommend that final clearing up and disinfection of the affected highway verges and private land should continue to be done at the end of the Fair.”

The above advice was formally presented to each of the three Local Authorities in June 1964, but nothing had been done by the year end to implement it. I anticipate that the 1965 Appleby Fair will go on much as usual. We know what to expect, and if that is how everyone likes it, so be it. We will deal with disease when it happens.

WATER SUPPLIES.

North Westmorland Rural District is fairly well watered. About 88% of the houses are now connected to some water main. The remaining 12% have to rely on individual private systems from wells, springs, becks, and stored rainwater, which may not always yield as much water as the users would like.

In 1963 your Council handed over your long-established water undertaking to the newly formed Eden Water Board. I have welcomed the continuance of help and co-operation by the new Engineer-Manager and his staff.

In previous years your Council were the statutory water undertakers, and as your Medical Officer of Health, I kept a personal eye on the gathering-grounds of the public water supplies to detect dangerous pollution factors, and I was also involved to some extent with the public health aspects of the treatment and distribution of your Council's public water systems.

With the formation of the Eden Water Board in 1963, I had to withdraw to a more detached position. My official concern is now to check that the public water supply which is sold to the taps in consumers' homes is fit for drinking and catering purposes. Until such time as the Eden Water Board may provide their own medical supervision for safeguarding the production and processing of their supplies. I shall be available on request to lend an unofficial hand from time to time.

The new arrangement leaves the public health somewhat more at risk than hitherto. I suppose that longer established Water Boards in other parts of England have found an answer to this problem: it may simply be a transitional one up here in Westmorland. We have the same aim of bringing sufficient safe water into the homes of the folk who live in our District

We shall also continue the excellent liaison with the local officers of the Ministry of Agriculture, Fisheries and Food, for the joint investigation and assessment of applications for grant-aided farm water supply schemes. I have been most grateful for the long-standing co-operation of the Ministry's Regional Advisory Bacteriologist and the other staff at the Regional Headquarters in Newcastle upon Tyne. It enables us to co-ordinate the safeguards to the public health as well as the agricultural interests.

The water supply to your District is derived from many sources. The principal source of public supply is that from the regional scheme at Blea Water, the mains from which extend into 25 of your 52

parishes. There are 19 other sources of public supply in whole or part of 32 parishes. Martindale has no public water supply. Many houses in Hartley, Ravenstonedale, and Stainmore are supplied from the private systems installed in these three areas.

The quality of the public water supplies is generally fairly good, but liable to considerable variations. I have never felt very happy about some of the sources or the treatment of the water. I think that the Eden Water Board face a formidable task to bring the whole of North Westmorland's public water supplies up to acceptable modern standards.

Some representative test results are set out in the Appendix to this report. The natural fluoride content of all the public supplies is very low, and no artificial fluoridation is practised.

The quality of the private water supplies to several hundred houses in North Westmorland is quite another problem. We still retain an official concern with them, because they have not been transferred to the responsibility of the Water Board. I suspect that many of these private supplies are unsatisfactory from time to time, particularly when wet weather affects surface catchments and shallow wells. They are also vulnerable to foul drainage from new building developments uphill when private rights do not afford them full protection.

I can do little more than warn the users that they drink the water at their own risk, that they should have it tested for safety at suitable intervals under their own private arrangements, and that they should boil the water if they are still in doubt.

The best that can be said about many of these private water systems is that the residents get acclimatized to drinking the stuff, and only their visitors suffer. Human gastric juice is an amazingly good disinfectant, but my professional attention is occasionally drawn to the more dramatic episodes of illness from contaminated private water systems. The only real remedy is to foster the continued extension of the public water mains.

General Distribution.

The Minister of Health requires me to state the number of houses and population in each of your 52 parishes with water laid on and with water available from standpipes.

Soap and Water.

Although 88% of our North Westmorland homes may have a water supply of some sort piped into the house, we need to look a bit further than the engineering feats of getting it there. We need to ask what the families are able to do with the water inside their own homes.

PUBLIC WATER DISTRIBUTION, 31.12.63.

Parish	No. of Houses in Parish	No. of Houses with water laid on	No. of Houses supplied from Stand Taps	No. of Houses otherwise supplied
Asby	101	95	—	6
Askham	124	124	—	—
Bampton	127	103	—	24
Barton	93	76	—	17
Bolton	92	90	1	1
Brough	225	212	2	11
Brough Sowerby	31	27	—	4
Brougham	82	73	1	8
Cliburn	60	60	—	—
Clifton	106	106	—	—
Colby	28	28	—	—
Crackenthorpe	29	28	—	1
Crosby Garrett	52	52	—	—
Crosby Ravensworth	168	157	—	11
Dufton	88	82	—	6
Hartley	46	38	5	3
Hillbeck	7	7	—	—
Hoff	62	62	—	—
Kaber	35	31	—	4
Kings Meaburn	41	41	—	—
Kirkby Stephen	572	572	—	—
Kirkby Thore	166	165	—	1
Long Marton	204	200	—	4
Lowther	118	102	1	15
Mallerstang	53	10	—	43
Martindale	39	—	—	39
Milburn	58	51	—	7
Morland	96	93	1	2
Murton	106	98	2	6
Musgrave	53	50	—	3
Nateby	40	37	3	—
Newbiggin	36	35	—	1
Newby	49	49	—	—
Ormside	40	36	—	4
Orton	218	205	—	13
Ravenstonedale	223	87*	2	134
Shap	383	357	1	25
Shap Rural	64	42	—	22
Sleagill	28	28	—	—
Sockbridge & Tirril	87	87	—	—
Soulby	59	58	—	1
Stainmore	113	2*	—	111
Great Strickland	66	61	—	5
Little Strickland	24	23	—	1
Tebay	276	246	—	30
Temple Sowerby	121	120	—	1
Thrimby	16	13	—	3
Waitby	19	18	—	1
Warcop	156	151	—	5
Wharton	12	12	—	—
Winton	69	66	2	1
Yanwath & Eamont Bridge	80	79	—	1
TOTALS ..	5241	4645	21	575

* These do not include the houses supplied from the Ravenstonedale and Stainmore Private Supplies.

Note. The majority of Houses in column 5 are provided with piped supplies from private sources.

The 1961 Census disclosed some rather startling facts about the plight of our housewives. 23% of all our houses still have no hot water tap: just think what that means in terms of looking after a family. 33% of all our houses have no fixed bath: it is a bit hard for the middle of the twentieth century. I think that there is a lot of work to be done in North Westmorland to catch up with these decencies and comforts: I believe that they play a part in raising the standard of public health.

And of the other uses of water in the home, 22% of our houses still have no water-closet. The whole picture of water supplies goes far beyond the construction of great reservoirs and aqueducts. Those things are certainly of great public health importance, but in the last analysis what matters most is the use which people are able to make of the water.

SEWAGE DISPOSAL.

The safe disposal of human sewage and other foul drainage has been recognized for thousands of years as one of the most important ways of protecting the public health. It is still particularly true today in our rural areas, with typhoid and paratyphoid fevers, salmonella and dysentery infections, and many primitive insanitary practices never far from the local scene.

North Westmorland Rural District is served by a series of separate public sewer systems and disposal works which deal with the foul drainage from the villages and more populated parts of other parishes. The remainder of the District has to rely upon individual septic tanks, cesspools, or drainage into watercourses, and some of the more remote houses still retain privies, pails, earth-closets and primitive ways.

Since the end of the war in 1945 your Council have pursued a progressive policy for extending the public sewerage systems to cope with the expanding development round many of our villages, and to improve or replace the existing sewage disposal works which were overloaded or worn out. Somewhat slower has been the bringing of organized public sewerage systems to villages and hamlets where more primitive conditions were becoming dangerous.

Even so, there will probably always be some settlements which cannot easily be linked up to the sewers of a large place, and which do not justify a full-scale system of their own. Many of these can be safely served by group septic tanks where the soil is suitable for absorption of the effluent. Isolated houses must perforce depend on some such individual method of dealing with their foul drainage.

I am indebted to the Engineers for most of the facts set out in the sections of my report which deal with sewage and public cleansing. I

also record my appreciation of all their help and co-operation throughout the year on these vital services for safeguarding the public health.

Sewage Disposal Works.

Public Health Act, 1936. Section 15.

During the post-war period, new sewage disposal works have been built at Brough, Tebay, Shap, Sockbridge, Askham, Temple Sowerby, and Bolton. These have produced a great improvement in the sewered areas around them.

Other improvements have been made to various works, notably at Kirkby Stephen, with the joining up of Hartley village to that system. But some of the older works need replacement, particularly at Pooley Bridge, Clifton, Eamont Bridge, Kirkby Thore, Newbiggin-on-Lune, and Morland.

There are also many other villages which really require the comprehensive installation of new sewers and modern disposal works: they are beyond mere improvement of their existing arrangements. Many of these other villages have ancient culverts or some primitive layout of combined surface water drains and piped sewers, but the arrangements are now hopelessly out-of-date and usually rather insanitary.

Future Sewerage Policy.

A formidable task faces North Westmorland. I reckon it will take a long time, maybe fifteen years or more, before all our sizeable villages can be equipped with new sewers and modern disposal works. Sewerage schemes take a lot longer to prepare and install than water schemes: there are no short cuts towards rapid results. Only long-term planning and careful foresight can help us on towards the village improvements which we should all like to see.

Indeed your Council have worked along these lines for the past fifteen years. The policy has produced the very creditable results in our townships and major villages. Your Consulting Engineers have already prepared outline plans for about a dozen future schemes. Of course, our progress has had its ups and downs, with periodical national economy restriction, local limitations with building labour, land acquisition, practical snags, and the weather. But our long-term planning has provided some elasticity, and the general policy has been seen to pay off in the long run.

Although your Council would wish to plan their future programme as far ahead as possible for all their sewerage schemes and replacements, they are no longer the sole arbiters of deciding the relative

priorities between the various projects, nor in full control of when they should be carried out. The Rivers Board now have a significant say in these matters.

Under the Rivers (Prevention of Pollution) Act, 1961, your Council have to seek the consent of the Rivers Board to continue existing discharges of effluent from the public sewage works. Conditions for the quality of these effluents will be imposed, probably according to the Royal Commission standards, and time-limits will be stipulated for achieving them.

It is quite obvious that some of our public sewage disposal works will require structural modifications or replacement to produce effluents of the required standard. It is equally certain that such demands will be reflected in the time-limits to be imposed by the Rivers Board. Therefore the list of relative priorities would seem to be best worked out in the closest collaboration with the Rivers Board.

It would be unreasonable to accept the point of view that all priorities should be dictated by the Rivers Board, and that the quality of existing effluents should be the sole criterion for shaping our future programme of improvements and extensions to the sewerage systems of our District. There are other public health factors to be taken into consideration, including the provision of sewerage to areas which have not yet been served.

My advice to all parties is that these matters should be periodically discussed with the Rivers Board, to take into account all the changing scenes and developments throughout our Rural District. In this way we may be able to formulate our future programmes to please as many people as possible.

But of course nobody would expect your Council to stand still in the meantime. Your own impetus is carrying you forward towards getting on with the next village on your own devised priority list. The following more detailed notes show where we had got to at the end of the year.

Clifton.

Negotiations with the agents of the Minister of Transport have continued during the year on the proposed sewerage scheme which will be affected by the new motorway near Clifton. Discussions were still in progress at the end of the year concerning the sewer crossing under the motorway and the allocation of the costs between the Council and the Ministry and the sizes of the sewer and capacity of the disposal works to deal with the future service-station. This is proving to be a most difficult scheme to prepare.

Ravenstonedale and Newbiggin-on-Lune Sewerage Scheme.

A local investigation of the Council's proposal to provide a joint sewerage scheme for these villages was held by an Inspector of the Ministry of Housing and Local Government in April 1964, and the Minister's approval of the proposal was received later in the year.

At the end of the year the Council's Consulting Engineers were preparing the detailed plan, specification and bills of quantities, and it is hoped to invite tenders for the work early in 1965.

Morland Sewerage Scheme.

The Engineers' report and plans for the scheme for this village were received and approved by the Council during the year. The preparation of the necessary plans and documents to submit to the Ministry was in progress at the end of the year.

Nateby Sewerage Scheme.

The report, plans, and estimate, for this scheme were in course of preparation by the Consulting Engineers at the close of the year.

Kirkby Thore Sewerage Scheme.

There has been delay in the preparation of the plans and particulars of this scheme as the site previously selected for the disposal works was considered to be rather too near to a proposed housing site, and the future housing requirements of the Plaster Works is another factor which will influence the extent of the scheme and the position of the disposal works. These matters were still under consideration at the end of the year.

Shap Sewage Disposal Works.

Due to the additional houses which have been erected in Shap during recent years, the sewage disposal works have become overloaded and the condition of the effluent discharging into the stream has deteriorated. The Consulting Engineer's report and estimate of the cost of enlarging the works was considered towards the end of the year and instructions were given for the preparation of plans and other particulars for submission to the Ministry.

Tebay Sewage Disposal Works.

As the result of interviews early in the year with the Engineers employed by the Ministry of Transport, it became evident that the new motorway would probably obliterate the Tebay sewage disposal works, although this had not been finally decided at the end of the year.

Preliminary investigations are being carried out with a view to selecting an alternative site for the disposal works for Tebay and also to see what sewerage facilities will be required for the service area which is to be provided on the motorway about midway between Tebay and Orton.

Pooley Bridge.

In December the Council agreed to instruct the Consulting Engineers to prepare a sewerage scheme to include disposal works for this village. The existing disposal tanks is a primitive, inefficient relic, and there is a trail of pollution out into the shallows of the River Eamont. Not only has this village grown recently with residential development, but all through the summer it is full with thousands of tourists, visitors, motorists, caravans, and the people for the Ullswater steamers. Such a popular holiday-spot now merits a proper sewage disposal system, if we are not to risk the spread of disease and ruin our reputation. I place Pooley Bridge high up on the priority list.

Eamont Bridge.

The views of the Penrith Urban Council were obtained with regard to the discharging of sewage from Eamont Bridge into the Penrith sewage system. Penrith Council stated that they had no objection in principle to this proposal. In December your Council instructed their Consulting Engineers to prepare a sewerage scheme for this neighbourhood.

Other Needs.

Your Council have formulated a tentative list of other villages where they would like to improve the sewerage in due course. These include Great Asby, Soulby, Crosby Ravensworth, Maulds Meaburn, Great Strickland, Little Strickland, Milburn, Warcop, Dufton, Long Marton, Kings Meaburn, Cliburn, Hilton, Murton, Winton, Hackthorpe, and Lowther. Such were their hopes expressed for the County Development Plan up to 1981. How far we shall get with the programme is anyone's guess.

Farm Drainage.

Your Council have been considering their policy and scale of charges for the acceptance of farm drainage effluents into the public sewerage systems. Such foul drainage is much stronger than ordinary domestic sewage, and it can cause great difficulties at our sewage disposal works.

Although there may be some heartburning over the scale of charges,

it is possible that some farms will be asked to take their existing drainage out of our sewers, or in other cases they may be refused consent to make any new connections.

The Ministry of Agriculture seems to foster the principle that all organic farm wastes should be returned to the land as surface dressing fertilizers, and the Rivers Board are equally anxious to keep the pungent stuff out of the watercourses. We have no desire just to transport the farm effluents from one place to another and mess up our sewage disposal works in the process. So the discussions go on.

Cesspool Emptying.

The policy for running this service has always been rather pragmatic. Our attitude seems to have been that if private enterprise contractors care to take on the job we simply say good luck to them. But if no one else can be found to empty private sewage tanks, we tell the householders that we will try to fit the job in when we can and charge them what it costs us.

That may have been alright in the old days when there were not so many to do, and people were not so fussy about sewage lying around. I doubt whether it is really a satisfactory outlook nowadays. There are added risks to the public health from overflowing cesspools, particularly in summer-time and in the more frequented areas. The owners want to get their tanks emptied as much as we do, and I have every sympathy with them when they cannot find anyone to do the job at the time when they are ready.

Your Council have always done their best to oblige these private sewage tank owners, but in a District like North Westmorland I think it ought to be more of a responsibility for private enterprise to develop. If private contractors can build up a worthwhile service it might be possible for them to empty some of our own Council tanks more easily than we could do it ourselves.

Public Conveniences.

Public Health Act, 1936. Section 87.

Your Council provided public conveniences at Kirkby Stephen, Brough, Tebay, Shap, and Pooley Bridge.

The accommodation is generally sufficient for local requirements but it is inadequate to deal with the seasonal motor-coach traffic. These coaches present a special difficulty in Kirkby Stephen which is used as a halting-point for a very large number of Tyneside-Blackpool vehicles, and the shortage is accentuated by their arrival within a short period of time. Fouling of streets, doorways and yards results.

Your Council ought to provide some bigger and better conveniences in Kirkby Stephen.

Lavatories for Lay-bys.

I have become increasingly disquieted by the excremental pollution of the lands adjacent to most of the vehicle lay-bys on our main highway routes throughout Westmorland. In some places it is seriously jeopardizing the public health for the residents of the vicinity as well as for the travellers themselves.

The adequate signposting of existing public conveniences in our villages, and somewhere to park while visiting them, may need to be supplemented by advance notices in the intervening highway lay-bys to tell people where to find the next set. Some of our more popular lay-bys may soon justify having public conveniences of their own, perhaps of the simple chemical type, if their proper hygienic maintenance could be arranged.

But the fouling of our highway lay-bys goes further than passing travellers climbing over the wall, or leaving a trail of putrescent picnic litter for the flies and the birds and the rats. A lot of our lay-bys on the approach roads to the Lake District National Park are used in summer for overnight or week-end settlement by caravans, cars, and all sorts of nomadic characters. The mess they leave behind has to be seen to be believed. I am doing my best to let it be seen on the nation's television screens, because this sort of behaviour is a national problem and not just the price of living in a National Park.

PUBLIC CLEANSING.

Areas of Refuse Collection.

Public Health Act, 1936. Section 72.

The collection of house refuse by using two mechanical refuse collecting vehicles, each with a squad of three men, has continued throughout the year. Collections are carried out in all parishes with the exception of Martindale, but in the less populous areas the collections are limited to once per month. In Kirkby Stephen, Shap, Brough and Tebay collections are made weekly and in other parts of the District fortnightly.

The nature of the house refuse now collected continues to increase in bulk by reason of large amount of food, etc., which is now sold in cans, cartons, and packets. There is a reduction in the volume of ashes and similar small matter and this causes difficulty at the tips,

due to the absence of adequate covering material in the refuse and on account of the large amount of paper and cardboard which is liable to get blown about and cause unsightly conditions about the tips.

Refuse Disposal.

Public Health Act, 1936. Section 76.

Controlled tipping is the aim of the Council, but it is difficult to obtain sufficient covering material and labour to keep the tips in proper condition.

Refuse is disposed of by tipping at the following points:—

- | | |
|------------------------------|------------------------|
| 1. Stamp Hill, Kirkby Thore. | 5. Great Strickland. |
| 2. Waitby. | 6. Clifton Dykes. |
| 3. Langton Road, Warcop. | 7. Kings Meaburn. |
| 4. Orton Fell. | 8. Fell East of Tebay. |

Street Cleansing.

Public Health Act, 1936. Section 77.

Street cleansing is carried out by the Westmorland County Council in the larger villages, and these are usually maintained in good order.

Extra street cleansing has been carried out at Kirkby Stephen on Sundays during the summer due to the large amount of litter resulting from the coach traffic.

Pest Control.

Pests Act, 1949.

The Council's Clerk of Works, Mr. T. Taylor, continues to function as Pests Officer under the control of the Health Inspectors. The treatment of the refuse tips and sewage works for the destruction of rats is carried out on one or two occasions during the year. The treatment of private houses and other properties is carried out by the Council when requested by the persons responsible, and the costs in these cases are recovered. The Council's refuse tips are regularly treated.

I look upon the systematic destruction of rats and mice as a very helpful contribution towards safeguarding the public from all sorts of unpleasant diseases carried by those animals.

FOOD HYGIENE.

General Powers.

Food and Drugs Act, 1955. Section 87.

Your Council bear most of the statutory responsibility for safeguarding the public from foodborne diseases. The main aim is directed towards securing proper and hygienic conditions for the manufacture, preparation and sale of food. The secondary aim is to trace and localise any outbreaks of disease which may occur in spite of preventive measures.

Precautions against Contamination.

Food and Drugs Act, 1955. Sections 13-15.

Food hygiene is steadily improving throughout your area. Public opinion is well ahead of the law and most traders are aware of the fact. The good food trader does not need official instruction in basic cleanliness or the enforcement of legal minimum standards. He may welcome advice on technical problems, but his aim is how high he can get, not how low he can get away with.

The responsibility for safe food does not rest entirely with the trader as the housewife must play her part as well. Quite a lot of strange things happen to food between the shop counter and the dinner plate, and the educational campaign has had to be carried into the home. Foodborne diseases, mild dysenteries and attacks of diarrhoea and vomiting are not infrequent in our homes and among our visitors. I am confident that higher standards will reduce these preventable diseases.

Ice-Cream Trade.

Food and Drugs Act, 1955. Section 16.

Ice-Cream (Heat Treatment, etc.) Regulations, 1947.

The following premises were registered under Section 16 of the Food and Drugs Act, 1955:—

Manufacture by hot mix, cold mix, storage and sale	...	0
Manufacture by cold mix, storage and sale	...	1
Storage and sale only	...	78

Prepared Meats.

Food and Drugs Act, 1955. Section 16.

The number of premises on the Register for the preparation of sausages, potted meat, preserved meat, pressed meat, and pickled foods, was 27. Informal notices have been issued regarding certain alterations and improvements.

Milk Registrations.

Milk and Dairies Regulations, 1959.

At the year end there were 16 registered distributors, and four registered dairies which were not dairy farms. No particular difficulties were met, and milk-round vehicles were generally maintained in good condition.

Pathogenic Organisms in Milk.

Food and Drugs Act, 1955.

Biological and other tests on samples taken by various Authorities, from sources in our area, continued to be passed to me. I have had no cause during the current year to serve any Notices under the Milk and Dairies Regulations to restrict the sale of milk or the activities of milk-handlers.

With the eradication of bovine tuberculosis, it seems likely that the next milkborne disease to be tackled may be brucellosis. I believe that many human cases go unrecognised.

Slaughterhouses.

Food and Drugs Act, 1955. Part IV.

Slaughterhouses Act, 1958.

Slaughter of Animals Act, 1958.

Your Council have adopted a policy of licensing small private slaughterhouses. From the point of view of efficient control and inspection of meat in such a scattered area, this causes many difficulties.

During the year slaughterhouse licences had been operative in respect of the following premises:—

Fletcher Hill, Kirkby Stephen.

Bridge End, Church Brough.

Musgrave Lane, Soulby.

Oak House, Ravenstonedale.

Langton Field, Appleby.

Front Street, Orton.

The last-mentioned premises are licensed only for the slaughter of sheep and pigs.

The Meat Inspection Regulations, 1961, came into operation on October 1st of that year. Satisfactory arrangements have been made to regulate the hours of slaughtering so that inspection of all carcasses can be effected by our Inspector.

Condemnation of Meat at the Abattoir.

Food and Drugs Act, 1955.

The following is a summary of the carcasses inspected and condemned in whole or in part:—

	Cattle excluding Cows	Cows	Sheep and Lambs	Calves	Pigs
Number killed (if known)	528	13	1,906	2	501
Number inspected ..	528	13	1,906	2	501
<i>All diseases except Tuberculosis and Cysticerci:</i>					
Whole carcasses condemned	1	—	1	—	1
Carcasses of which some part or organ was condemned	182	6	126	—	29
Percentage of number inspected affected with disease other than tuberculosis and cysticerci	34.65	46.15	6.6	—	5.98
<i>Tuberculosis only:</i>					
Whole carcasses condemned	—	—	—	—	—
Carcasses of which some part or organ was condemned	—	—	—	—	4
Percentage of number inspected affected with tuberculosis ..	—	—	—	—	.79
<i>Cysticercosis:</i>					
Carcasses of which some part or organ was condemned	—	—	—	—	—
Carcasses submitted to treatment by refrigeration	—	—	—	—	—
Generalised and totally condemned	—	—	—	—	—

Condemnation of Other Foods.

The following other foodstuffs were condemned:—

Canned Meat	...	39 lbs.
Canned Ham	...	9 lbs.

Method of Disposal of Condemned Food.

The Minister of Health requires me to describe the current methods for the disposal of condemned food. In this District it is by burial.

GENERAL INSPECTIONS.

Your Council employs one Chief Public Health Inspector and three Additional Public Health Inspectors. The salary is apportioned between the health inspection duties and other duties in a proportion approved by the Minister of Health.

The Chief Inspector is located at the Council Office in Kirkby Stephen and has the assistance of one female clerk and one male clerk and, in addition to being responsible for the whole Rural District, he has personal charge of the Eastern Division which represents most of that portion of your District which was East Westmorland before the boundary alterations in 1935. One additional inspector is also based there.

The two other additional inspectors are based in an office at Shap, where they have the assistance of a female clerk. One inspector covers the central areas of your District, and the other looks after the more westerly parishes: both are responsible to the Chief Public Health Inspector, and many of the records are kept at Kirkby Stephen.

I recommend once again the centralization of administration within your area. The divided control is a bad relic of the fusion of the Districts which took place in 1935, and if the unification is to be made an effective unit of Local Government it must be a union in spirit and body as well as in name. Now that the Clerk's Department have moved to Appleby, there is a threefold division of your Council's administration.

Inspections Made and Notices Served.

	Number of In- spections	Informal Notices Served	Informal Notices Comp. with	Statutory Notices Served	Statutory Notices Comp. with
Houses	1390	13	13	1	—
Factories	54	1	1	—	—
Shops, Cafes, Hotels	256	11	11	—	—
Slaughterhouses ..	830	—	—	—	—
Schools	17	2	2	—	—
Infectious Diseases ..	10	—	—	—	—
Dairies	10	—	—	—	—
Water Supplies ..	45	—	—	—	—
Moveable Dwellings etc.	84	—	—	—	—
Council's Works ..	520	—	—	—	—
Building Byelaws ..	2026	—	—	—	—
Pest Destruction ..	17	—	—	—	—
Drains	588	—	—	—	—
Offices, Shops and Rail- way Premises Act	49	—	—	—	—
Miscellaneous ..	1370	—	—	—	—
TOTAL ..	7266	27	27	1	—

Offensive Trades.

Public Health Act, 1936. Section 107.

There are no offensive trades in the District.

Factories.

Factories Act, 1937.

There are 69 factories in your District, five are non-mechanical factories and 64 are provided with power.

No out-workers were notified to your Council by factory owners.

There are no recognised basement bake-houses in the District.

The register of factories has recently been completely revised and cross-checking carried out with H.M. Inspector's records.

H.M. Inspector of Factories has been sent details of your Rural District's administration of the relevant sections of the Factory Act, 1961.

Factory Inspections.

Premises.	Number of Premises.	Number of		
		Inspec- tions.	Written Notices.	Occupiers prosecuted.
Factories in which Sections 1, 2, 3, 4 and 6 are to be en- forced by Local Authorities ..	5	8	—	—
Factories not included in (1), in which Section 7 is enforced by Local Authority	64	72	—	—
Other premises in which Sec- tion 7 is enforced by the Local Authority (excluding out- workers' premises)	—	—	—	—
Total	69	80	—	—

Cases in which Defects were found.

Particulars.	Number of cases in which Defects were found.				Number of cases in which prosecutions were instituted.
	Found	Remedied.	Referrred		
			To H.M. Inspector.	By H.M. Inspector.	
Want of cleanliness (S.1) ..	—	—	—	—	—
Overcrowding (S.2) ..	—	—	—	—	—
Unreasonable temperature (S.3) ..	—	—	—	—	—
Inadequate ventilation (S.4) ..	—	—	—	—	—
Ineffective drainage of floors (S.6)	—	—	—	—	—
Sanitary Conveniences (S.7)					
(a) Insufficient	I	I	—	—	—
(b) Unsuitable or defective	—	—	—	—	—
(c) Not separate for sexes	—	—	—	—	—
Other offences against the Act (not including offences relating to Out-work)	—	—	—	—	—
Total	I	I	—	—	—

Offices and Shops.

Offices, Shops and Railway Premises Act, 1963.

This legislation came into force during 1964. It makes provision for the safety, health and welfare of people employed in these premises.

We made a good start with compiling the statutory register of such places, and some of the initial inspections were made before the year end. It will take some time to complete them.

By the year end 49 premises have been registered and 49 initial inspections had been made.

Common Lodging Houses.

Public Health Act, 1936. Part IX.

There are no registered common lodging houses in the area.

Rent Restriction Acts.

No certificates were issued during the year and no contraventions regarding rent book entries were found.

Smoke Abatement.

Clean Air Act, 1956.

No action was required.

Swimming Baths.

There are no artificial public swimming baths, but many places on the lakes and rivers are used at the bathers' own risks.

Public Mortuary and Post-mortem Room.

Public Health Act, 1936. Section 198.

Your Council provide and operate a modern public mortuary at Shap. It is reasonably satisfactory for that limited purpose, and it is not intended for post-mortem examinations.

Your Council also share, with Appleby Borough Council and Westmorland County Council, some premises in Appleby which have long been used as a public mortuary and occasionally as a public post-mortem room. Your two County District Councils are responsible for operating and maintaining it: the Westmorland County Council merely retain a share in the bricks and mortar.

The mortuary at Appleby had been allowed to deteriorate into a poor condition, and there were also a lot of other unsatisfactory

features in its operation, so I advised all parties during 1959 that it would be better to shut down the service if it could not be run with proper decency and efficiency.

However, the owners decided to repair and recondition the building, and to retain it as simply a mortuary, with a prohibition against post-mortem examinations being made on the premises. The work was carried out during 1960. I am still not convinced that the administrative arrangements are defined clearly enough to safeguard against a repetition of the deplorable breakdowns of recent years.

I believe that public mortuaries should be conducted with a very high standard of cleanliness, decency and reverence, and shall be satisfied with nothing less.

Compulsory Removals.

National Assistance Acts, 1948-1951.

Fortunately it was not necessary to take any Court action for the compulsory removal of uncared-for people. Several individuals were visited for consideration during the year. Such cases are extremely distressing to deal with and the course of compulsory removal is reserved to meet the emergencies of a last resort when all other methods of help have failed. Sometimes it is very hard to decide what is really in the best interests of the patient.

A special conference was held during 1961 with the Welfare Authority to see what more could be done to prevent people from getting into such difficulties. Home-help services, hostels, and partial dependency schemes may meet some of the problems. I hope that the harsh step of compulsory removal will be less needed as time goes by. It is so often tantamount to a death warrant.

Laboratory Service.

Public Health Act, 1936. Sections 196.

Satisfactory laboratory facilities were available at Carlisle for all public health purposes, free of charge to the Local Authority and the patient. This encourages the use of modern diagnostic methods by general practitioners and your Health Department.

Byelaws.

Byelaws on public health matters are in force with regard to:—

- | | |
|---|------------------------|
| New Buildings | Tents, vans and sheds. |
| Prevention of waste, misuse and contamination of water. | |
| Food handling. | |

APPENDIX A. **Laboratory Examination of Public Water Supplies.**

Nature of Test			Standards Max.	Barton	Blea Tarn	Bleawater Raw	Bleawater Treated	Brough
Pr. Coli count 37°	3-10	0	0	50	0	25
Faecal Coli/strep	0			4		+
Date sampled last	—	12.1.63	2.6.64	23.0.64	26.4.64	28.10.64
Character	—	Clear	Clear	Clear	Clear	Hazy
Reaction	—	6.5	7.0	6.5	7.0 less than	7.0 less than
Ammonical Nitrogen041	.02	.002	.02	.02	.02 less than
Albuminoid Nitrogen066	.02	.004	.03	.02	.04
Total Solids	1000	70	235	24	35	123
Hardness {	Total	..	300	43	116	12	16	66
	Carbonate	..	—	27	65	2	—	7
	Non-Carb...	..	—	16	51	10	16	59
Chlorides	30	5	13	5.5	5	7.5
Nitrates	1	—	—	—	—	—
Nitrites	0	—	—	—	—	—
O ₂ Absorbed	1	.42	.44	.58	.3	4.3
Heavy Metals	0	n/a	n/a	n/a	n/a	n/a
Rainfall 24 hours	—	Moderate	Slight	Slight	Nil	Heavy
Date Sampled	—	7.5.63	18.4.62	20.3.62	23.6.64	11.4.62
Laboratory	—	Carlisle	Carlisle	Carlisle	Carlisle	Carlisle

Nature of Test			Coupland Beck	Dufton	Hilton	Kaber	Kirkby Stephen	Kirkby Thore ex. Marble Scaur
Pr. Coli count 37°	0	0	90	11	8	0
Faecal Coli/strep			1	+	+	
Date sampled last	7.7.64	8.10.63	7.7.64	28.4.64	28.10.64	6.11.62
Character	Clear	Clear	Clear	Clear	Yellow tinged	Clear
Reaction	7.5	7.5	7.0	7.5	7.0	7.0
Ammonical Nitrogen02	.05	less than .02	.03	less than .02	less than .03
Albuminoid Nitrogen02	.02	less than .02	.03	less than .03	less than .03
Total Solids	144	98	127	213	126	285
Hardness {	Total	..	79	64	98	102	71	185
	Carbonate	..	31	12	46	54	18	87
	Non-Carb...	..	48	52	52	48	53	98
Chlorides	7.5	7	5	8.4	7.5	9
Nitrates	—	—	—	—	—	—
Nitrites	—	—	—	—	—	—
O ₂ Absorbed08	.16	.08	.45	3.0	.04
Heavy Metals	n/a	n/a	n/a	n/a	n/a	n/a
Rainfall 24 hours	Heavy	Heavy	Nil	Medium	Slight	Heavy
Date Sampled	23.5.62	17.5.62	2.5.62	31.1.62	7.2.62	24.1.62
Laboratory	Carlisle	Carlisle	Carlisle	Carlisle	Carlisle	Carlisle

Chemical analyses results are expressed in parts per million.

APPENDIX A. **Laboratory Examination of Public Water Supplies—contd.**

Nature of Test			Kirkby Thore ex. Newbiggin Mill	Long Marton	Maller- stang	Murton	Newbiggin- on-Lune	Ormside
Pr. Coli count 37°	0	20	14	0	14	90
Faecal Coli/strep		+	+		+	+
Date sampled last	6.11.62	8.10.63	11.6.62	8.10.63	11.6.63	9.7.63
Character	Clear	Clear	Clear	Clear	Traces of sediment	Clear
Reaction	6.5	7.0	7.5	6.0	7.5	7.5
Ammonical Nitrogen	less than .03	.02	less than .03	less than .02	.02	.02
Albuminoid Nitrogen	less than .03	.02	less than .03	less than .02	.02	.02
Total Solids	176	60	94	47	71	349
Hardness	{ Total		91	31	48	15	39	209
	{ Carbonate..		7	4	2	—	16	129
	{ Non-Carb...		84	27	46	—	23	80
Chlorides	12.5	7	6.5	5	5.5	10
Nitrates	—	—	—	—	—	—
Nitrites	—	—	—	—	—	—
O ₂ Absorbed08	.12	1.8	.04	.52	.12
Heavy Metals	n/a	n/a	n/a	n/a	n/a	n/a
Rainfall 24 hours	Heavy	Heavy	Nil	Nil	Nil	Slight
Date Sampled	24.1.62	17.5.62	14.2.62	2.5.62	25.4.62	18.4.62
Laboratory	Carlisle	Carlisle	Carlisle	Carlisle	Carlisle	Carlisle

Nature of Test			Orton	Tebay	Warcop	Wickersgill
Pr. Coli count 37°	13	14	0	0
Faecal Coli/strep	+	+	+	
Date sampled last	12.5.64	12.5.64	2.6.64	
Character	Clear	Clear	Clear	Clear
Reaction	7.0	7.5	7.0	7.0
Ammonical Nitrogen02	.02	less than .02	.02
Albuminoid Nitrogen02	.02	less than .02	.08
Total Solids	60	46	168	43
Hardness	{ Total		28	30	99	15
	{ Carbonate..		3	—	51	2
	{ Non-Carb...		25	30	48	13
Chlorides	8	7	9.5	4
Nitrates	—	—	—	—
Nitrites	—	—	—	—
O ₂ Absorbed2	.2	.04	.42
Heavy Metals	n/a	n/a	n/a	n/a
Rainfall 24 hours	Nil	Nil	Heavy	Nil
Date Sampled	21.2.62	21.2.62	11.4.62	20.6.61
Laboratory	Carlisle	Carlisle	Carlisle	Carlisle

Chemical analyses results are expressed in parts per million.

